



OFFICE OF THE CHAIR
**MENOMINEE INDIAN
TRIBE OF WISCONSIN**

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News Release

FOR IMMEDIATE RELEASE
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Menominee Tribal Clinic
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<http://mtclinic.net/>

MENOMINEE RESERVATION/COUNTY UNDER EXTREME HEAT ADVISORY

(Menominee Indian Reservation, WI) – Menominee Tribal Chairman, Craig Corn, has declared an Extreme Heat Alert for the Menominee Indian Reservation as temperatures are expected to reach 93° Fahrenheit with the heat index rising to 100°-105° Fahrenheit. This Heat Advisory is active through Friday July 19, 2013 at 5:00 p.m.

Extremely high or unusually hot temperatures can affect your health. On average, 675 deaths from extreme heat events occur each year in the United States. **Most vulnerable are the elderly, those who work or exercise outdoors, infants and children, the homeless or poor, people with a chronic medical condition, and outdoor pets.**

Take the necessary precautions to prevent serious health effects such as heat exhaustion or heat stroke.

Stay cool

- Stay in air-conditioned buildings.
- Contact the Menominee Tribal Clinic at (715)799-3361 or area hospitals; Shawano Medical Center (715)526-2111 or Langlade Memorial (715)623-2331 or <http://www.menominee-nsn.gov> to locate an air-conditioned shelter in your area.
- Do not rely on a fan as your primary cooling device.
- Limit outdoor activity, especially midday when it is the hottest part of the day, and avoid direct sunlight.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower your body temperature.
- Check on at-risk friends, family and neighbors at least twice a day.

Stay hydrated

- Drink more than usual and don't wait until you're thirsty to drink.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Make sure your family, friends and neighbors are drinking enough water.

Stay informed

- Check your local news for extreme heat warnings and safety tips.
- Visit <http://emergency.cdc.gov/disasters/extremeheat/heattips.asp> to find information and tips for preventing heat sickness.
- Keep your friends, family and neighbors aware of weather and heat safety information.

Additionally, the Menominee Tribal Clinic encourages all residents to learn the signs and first aid response for heat-related illness. Warning signs and symptoms vary but may include:

Heat Exhaustion

Symptoms

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting and vomiting
medical attention

What You Should Do

- Move to a cooler location
- Lie down and loosen your clothing
- Apply cool, wet cloths to as much of your body as possible
- Sip water
- If you have vomited and it continues, seek immediately.

Heat Stroke

Symptoms

- High body temperature (above 103°F)*
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do

- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.

Emergency cooling centers or other air-conditioned shelter will be open throughout the Reservation/County. Each center will provide cool air and water free to the public from 8:00 a.m. – 5:00 p.m. unless indicated otherwise.

- College of the Menominee Nation (all buildings) – N172 STH 47/55, Keshena, WI
- Menominee Casino Convention Center (Wolf Room) – N277 STH 47/55, Keshena, WI
- Menominee County Courthouse – W3269 Courthouse Lane (lower level), Keshena, WI
- Keshena Senior Center – N916 STH 47/55, Keshena, WI; closes 4:30 p.m.
- South Branch Community Center – W1281 County Road M, Keshena, WI; closes 4:30 p.m.
- Neopit Senior Center – W6719 Store Street, Neopit WI; closes 4:30 p.m.
- Menominee Tribal Aging Office – N2222 White Cedar Road, Neopit WI

For more information on extreme heat related illness symptoms or tips to stay cool, contact the Menominee Tribal Clinic (715)799-3361.

For more information related to cooling center locations, please contact the Chairman's Office at (715)799-5114.

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